

Body Blast

30 minutes of High Intensity Interval Training

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3462.1126	DPR Contractor	12/11/2015	3/4/2016	Fr	13	18yr-& Up -	06:00 PM	07:00 PM	Columbia Heights Community Center	Columbia Heights Dance Studio	

Fitness Bootcamp

Group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3712.1077	DPR Contractor	12/7/2015	3/7/2016	Mo	14	18yr-& Up -	06:30 PM	07:30 PM	Palisades Community Center	Palisades Multipurpose Room	
3712.1126	DPR Contractor	12/9/2015	3/2/2016	We	13	18yr-& Up -	07:00 PM	08:00 PM	Columbia Heights Community Center	Columbia Heights Dance Studio	
3712.1111	Perritt Donald	12/7/2015	3/2/2016	Mo We	26	5yr-& Up-	05:30 PM	06:45 PM	Riggs LaSalle Community Center	Riggs LaSalle Multipurpose Room 101A	

Karate: Level 1

Students will learn discipline, self-confidence and will become mentally and physically stronger. The one hour, twice a week class will include stretching, basic techniques, kata (forms), power, and special self defense techniques everyone should know!

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3322.1077	DPR Volunteer	12/8/2015	3/3/2016	Tu Th	26	6yr-& Up-	06:00 PM	07:30 PM	Palisades Community Center	Palisades Multipurpose Room	
3322.2008	DPR Volunteer	12/7/2015	3/3/2016	Mo Th	26	6yr-18yr-	04:15 PM	05:00 PM	Chevy Chase Community Center	Chevy Chase Lounge	\$85.00

Karate: Level 2

Students will learn discipline, self-confidence and will become mentally and physically stronger. This advanced class will build on students' prior knowledge of marital arts.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3332.1008	DPR Volunteer	12/7/2015	3/3/2016	Mo Th	26	6yr-18yr-	05:00 PM	06:00 PM	Chevy Chase Community Center	Chevy Chase Community Center Toddler Playground	\$85.00

Tae Kwon Do: Level 1

Participants will learn the fundamentals of the Olympic sport Tae Kwon Do. Participants will also improve flexibility, balance, strength, coordination, and physical fitness while developing discipline, integrity, perseverance, and self control.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3362.2008	Schwizow Naomi	12/7/2015	3/5/2016	Mo Th Sa	39	9yr-& Up	05:00 PM	06:00 PM	Chevy Chase Community Center	Game Room	

Walk Fit

Looking for a great way to ease into a higher level of fitness and health? Walking is a great low-impact exercise that can help you do just that. It's one of your body's most natural forms of exercise. It's simple, safe and the health benefits are endless.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3431.1074	ratliff carnelle	1/4/2016	2/26/2016	Mo Fr	16	50Yr-& Up	04:30 PM	05:30 PM	Hardy Recreation Center	Hardy Tennis Court #1	
3432.1042	Ricks shirley	12/7/2015	3/4/2016	Mo We Fr	39	45Yr-90Yr	10:30 AM	12:00 PM	North Michigan Park Recreation Center	North Michigan Park Gymnasium	
3432.1095	murphy joyce	12/7/2015	3/4/2016	Mo Tu We Th Fr	65	45Yr-90Yr	10:30 AM	11:30 AM	Turkey Thicket Recreation Center	Turkey Thicket Gymnasium	

Yoga: Beginners

Classes are meant to provide relaxation with flexibility work, gentle movement, breathing exercises and meditation.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3572.1042	DPR Contractor	12/8/2015	3/3/2016	Tu Th	26	45Yr-90Yr	10:30 AM	11:30 AM	North Michigan Park Recreation Center	North Michigan Park Multipurpose Room 1	
3572.1008	Thomas Kathleen	12/9/2015	3/2/2016	We	13	18Yr-& Up	10:15 AM	11:45 AM	Chevy Chase Community Center	Chevy Chase Ballet Studio	\$85.00

Yoga: Integral

Integral Yoga creates an opportunity for integration and harmony for the individual by calming the mind and toning the entire nervous system. The typical one and a half hour session includes four aspects: a series of physical postures, deep relaxation, simple breathing exercises, and meditation.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3591.1022	Sturm Donna	1/11/2016	3/1/2016	Tu	8	18Yr-& Up	09:15 AM	10:45 AM	Guy Mason Recreation Center	Guy Mason Activity Rm 3 (Auditorium)	\$100.00
3591.2022	Sturm Donna	1/15/2016	3/2/2016	Fr	7	18Yr-& Up	09:15 AM	10:45 AM	Guy Mason Recreation Center	Guy Mason Acitivity Rm 1b (Lounge)	\$100.00

Zumba

Zumba is a Latin-inspired dance fitness program involving dance and aerobic elements.

EventCd	Teacher	StartDate	EndDate	Days	Mtgs	Ages	StartTime	EndTime	Location	Room	Fee*
3612.1039	DPR Contractor	12/7/2015	3/2/2016	Mo We	26	18yr-& Up -	06:30 PM	07:30 PM	Fort Stanton	Fort Stanton Gym	
